

## ABSTRACT OF THE DISCLOSURE

The invention provides kits for providing or restoring beneficial bacteria to a subject. The kits optionally include food or nutrients to promote growth and proliferation of the bacteria in the subject (such as spirulina, chlorophyllins, fructooligosaccharides, or methylsulfonylmethane). The kits optionally include an antimicrobial agent to reduce the presence of undesirable or pathogenic microbes in the subject (such as an antibiotic and/or anti-mycotic).

710790\_1.DOC